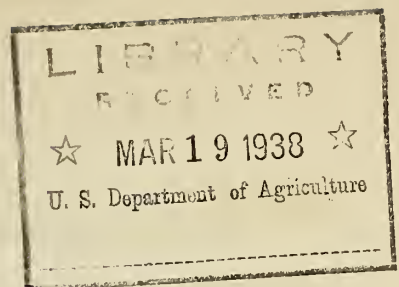


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HOUSEHOLD CALENDAR

Bread - At Home and Abroad

A radio conversation between Miss Ruth Van Deman, Bureau of Home Economics, and Mr. Wallace Kadderly, Office of Information, broadcast Thursday, March 10, 1938, in the Department of Agriculture period of the National Farm and Home Hour, by the National Broadcasting Company and a network of 93 associate radio stations.

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WALLACE KADDERLY:

Here we are in Washington. And again it's homemakers' time, with Ruth Van Deman, your reporter for the Bureau of Home Economics, at the microphone. Miss Ruth Van Deman - - -

RUTH VAN DEMAN:

Thank you, Mr. Wallace Kadderly - - -

KADDERLY:

But, Ruth, where's the food you're going to talk about today.

VAN DEMAN:

In the mind's eye only this time.

KADDERLY:

Just food for thought.

VAN DEMAN:

That's all. Sorry.. Nothing to sample today.

KADDERLY:

Well, we really shouldn't be asking after that pecan pie last week - - -

VAN DEMAN:

By the way, a friend called me up right after I got back from the studio

KADDERLY:

And asked you to send her a copy of the nut leaflet - - -

VAN DEMAN:

Yes, how'd you know?

KADDERLY:

Well, thousands of other women are doing that. And didn't she want a piece of pecan pie?

VAN DEMAN:

She asked about the pie. She couldn't believe we had a real pie here.

(over)

KADDERLY:

We need television for that food-of-the-month club of yours.

VAN DEMAN:

And telaroma.

KADDERLY:

Telaroma, that's good. To carry the aroma - - - And let me say for the benefit of any other skeptics that this food Miss Van Deman brings up to the studio from time to time, to illustrate her broadcasts, is real food. It all started I believe a long time ago with strawberry shortcake and samples of some of the new varieties of strawberries from the experimental farm at Beltsville.

ANNOUNCER:

And I think it's time they were tried again - - - in shortcake.

VAN DEMAN:

Maybe. Well, today, I have some things to report about bread, some of the things that Hazel Stiebeling noticed when she was in Europe this winter.

KADDERLY:

She's back, I hear.

VAN DEMAN:

Landed about two weeks ago. The League of Nations invited her to be the advisor on nutrition to their health section.

KADDERLY:

On leave from her work here for the time being.

VAN DEMAN:

Yes. She was granted a 3 months' leave from her work as a food economist in our bureau, and sailed for Geneva last October.

KADDERLY:

Geneva, Switzerland.

VAN DEMAN:

The headquarters of the League, yes. But they sent her to other countries - Yugoslavia, Czechoslovakia, Hungary, and England - - -

KADDERLY:

To advise on food questions?

VAN DEMAN:

More to talk them over and map out ways to make accurate dietary surveys. But just on her own she was struck everywhere she went with the variety and quantity of bread Europeans eat.

KADDERLY:

More than we do?

VAN DEMAN:

Very much. Of course they have to get their energy somewhere. ---

KADDERLY:

And their other food supplies of course are more limited than ours. Meat, for instance.

VAN DEMAN:

Yes, meats are much scarcer and higher for the average family over there.

KADDERLY:

And, fresh fruits and vegetables, too -----

VAN DEMAN:

No comparison.

KADDERLY:

How about milk?

VAN DEMAN:

Certainly not for milk as milk.

KADDERLY:

And I know not as ice cream.

VAN DEMAN:

No, ice cream is a great American custom. But Dr. Stiebeling says she noticed more and more ice cream stands opening up along the roads in England.

KADDERLY:

Good. That's just what I've been waiting for before I went over.

VAN DEMAN:

But cheese. The Old World countries are much more inclined to take their milk in the form of cheese.

KADDERLY:

Of course - - - camembert, roquefort, gruyere - - -

ANNOUNCER

Limburger - - -

KADDERLY:

Yes, Bryson. Limburger's loud enough to be heard - - -

VAN DEMAN:

Across an international border. Well, it seems that just as every place in Europe has its cheese, so every place has its special kind of bread. In Switzerland Miss Stiebeling was especially interested in the national bread they're making.

KADDERLY:

National bread, you say?

VAN DEMAN:

Yes, a national committee of experts worked out the formula for it, so's to get a bread of high food value from Swiss grown grain. It's 20 per cent rye and 80 per cent dark wheat flour - - -

KADDERLY:

Must make a rather moist, heavy bread, Ruth.

VAN DEMAN:

Not especially, she says. Of course it's not light and fluffy like our white bread. But there's very little white bread like that anywhere else in the world, and especially not in Southern European countries.

KADDERLY:

Around the Mediterranean they're growing some of our American corn, I believe.

VAN DEMAN:

Maize, they call it. Yes, Miss Stiebeling spoke about the bread in villages near Zagreb, Yugoslavia, made with corn flour and wheat flour mixed. Yeast raised bread it was. And in Budapest, Hungary, she had some made with potato flour mixed with the wheat.

KADDERLY:

All-wheat's too expensive.

VAN DEMAN:

A luxury. To the peasant family living out in the country white wheat bread's like cake - - - something for high days and holidays only. Czechoslovakia she says in the land of dumplings.

KADDERLY:

Dumplings?

VAN DEMAN:

Yes, they take a lot of their cereal there made up as dumplings - - - served in soup or with a sweet sauce as dessert. One day she went to a public school near Prague and into the kitchen where they were making the children's dumplings for dinner. And by the way what do you think was going into the center of each one?

KADDERLY:

I haven't the faintest idea.

VAN DEMAN:

A California dried apricot.

KADDERLY:

A California apricot in Czechoslovakia.

VAN DEMAN:

Yes, into the dough for each dumpling they folded a half, just one precious piece, of California apricot.



KADDERLY:

And how many does each youngster get?

VAN DEMAN:

Dumplings you mean.

KADDERLY:

Yes, dumplings.

VAN DEMAN:

About 8 to start with. And more if he can eat them, up to 17 to 20 sometimes. They practically make their meal on dumplings.

KADDERLY:

Quite different from school lunches in this country.

VAN DEMAN:

Quite.

KADDERLY:

We put the emphasis on milk.

VAN DEMAN:

And the protective foods. You remember the formula for school lunch bread the foods people worked out.

KADDERLY:

The one made with dried skim milk?

VAN DEMAN:

Yes, an extra large proportion of dried skim milk, so as to furnish more calcium for building teeth and bones.

KADDERLY:

And very good bread to eat, I remember.

VAN DEMAN:

Well, you know the way we work these things out and make them public. But we don't have any way of checking up on where they're used.

KADDERLY:

As with all research in the public interest.

VAN DEMAN:

Well, I learned quite accidentally the other day that the children of Hartford, Connecticut, are getting bread every day in their school cafeteria made by our formula. For years their committee of local home economists had been testing samples of bread and working with the local bakers trying to get a loaf of quality. But neither the dealers nor the school people were satisfied. And then somebody came across our formula for school lunch bread made with a double portion of dried skim milk. That solved the quality question on food value and flavor. They gave it to the bakeries. And now they say (I'm quoting their own words), "The school cafeteria director receives a dependable, nutritious loaf made from a formula that permits analysis. And she

makes a contribution to the nutrition of the local community because institutions and housewives are eager to find such bread in the market."

KADDERLY:

Good! Your people do a lot of experimenting on homemade bread too.

VAN DEMAN:

Oh, yes. Dr. King and Mrs. Freeman have worked out standard ways of making yeast breads and quick breads with different kinds of flours. And varying the flavor in bread. Their nut bread for instance and their cheese bread are delicious.

ANNOUNCER:

Cheese bread. Maybe some day we can have that on a cheese broadcast.---

KADDERLY:

A slight hint for you, Ruth.

VAN DEMAN:

A hint?

ANNOUNCER:

Scientific curiosity only.

KADDERLY:

Well, I'm scientifically curious about something else. I wonder what Dr. Stiebeling ordered for dinner her first day back in the United States after those three months in Europe.

VAN DEMAN:

I'll have to ask her.

KADDERLY:

Do that, please.

VAN DEMAN:

But I wager it was a good, thick juicy beefsteak with a baked potato.

KADDERLY:

All right. We'll take your word for it.

VAN DEMAN:

And by the way, a message has just come to Dr. Stiebeling since she came back from Europe that the Health Committee of the League of Nations is going to make a study of the food value of bread.

KADDERLY:

On the strength of her report to them?

VAN DEMAN:

Yes, from that they realized as never before how the food value of bread varies from country to country. And of course if dietary surveys are to be comparable, one must know first of all the nutritive value of the foods people are eating.



KADDERLY:

True of course. And it's very interesting that an American woman has started such a far reaching and important project. Take Dr. Stiebeling our congratulations and please thank her and thank you for this interesting news about bread at home and abroad. And we'll be looking for you again next Thursday at this same time.

(Bulletin offered: "Home Baking")

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